



**Carers**  
Contact Centre

If you would like to know more, please call the Carers Contact Centre on 01952 240209 or send us the following details:

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Carers Name: .....

Address: .....

.....

Postcode: ..... Tel: .....

Email: .....

**Who do you care for:**

Name: .....

Date of Birth: .....

Disability/Illness: .....

Relationship to cared for (partner, friend, etc): .....

.....



**Carers**  
Contact Centre

...at the heart of Caring for Carers

*It helps to talk to  
someone who cares  
about YOU*

Call us on  
**01952 240209**

*We are only a phone  
call away*



**Carers**  
Contact Centre

**“I didn’t know I was a carer.  
I just look after...”**

**Telford & Wrekin  
Carers Contact Centre**

The Poplars  
Lightmoor  
Telford  
TF4 3QN

**Tel: 01952 240209**  
**E-Mail: admin@carerscontact.org.uk**  
**Website: www.carerscontact.org.uk**

“A Carer is someone who provides help and support to a relative, friend or neighbour who cannot manage without this help because of age, disability or long term health needs”

You may not recognise yourself as a carer or even be comfortable with the name ‘carer’ because you feel you just “look after someone”. By providing a relative or friend with practical, personal or emotional support, you are a carer and we are here to care about you.

## We can help you by ...

- Providing up to date information and a quarterly newsletter which shares carers comments, experiences and views along with local and national information that may be of help to carers
- Supporting individuals by listening and giving support when they most need it
- Linking carers to other organisations that can provide specialist help
- Creating opportunities for carers to have a voice in the planning and development of local services

The Carers Contact Centre has support workers who are here to listen and offer specialist, individual and group support to carers who care for ...

- Adults with Physical Disability or Illness
- Older People
- Adults with a Learning Disability
- Adults with a Mental Health Issue

## Carers Contact Support Groups ...

These are small groups that meet in venues around Telford and Wrekin. They provide an opportunity to share information, gain support and discuss topics of interest with carers in similar situations. They also provide an opportunity to socialise and take a break from the caring role.

## Carers Events ...

The Carers Contact Centre organises various events for carers throughout the year, such as Information Events, Day Trips and Coffee Mornings. Other activities are available such as monthly walks and pamper days, where carers can take a break and relax with a back or head massage.

All of the Carers Contact support workers are based at the Carers Contact Centre. We offer a flexible service where we can support you at the Centre, in your home or at a place convenient to you; wherever you feel comfortable to talk.

*We offer free independent and impartial advice.*

## Carers Handbook ...

There is a free handbook available on request to carers who register with us. It contains detailed information about all aspects of being a carer. There are links to local and national support services and groups that offer specialist information for carers.

## Short Term Break Grants ...

We also administer the Carers Short Term Break Grant on behalf of the Local Authority. Please call us – you deserve a break.

*If you are a carer and feel you need some extra help or just need someone to talk to, please get in touch with us by phoning **01952 240209** or complete the form overleaf and return to:*

**Carers Contact Centre,  
The Poplars, Lightmoor,  
Telford TF4 3QN**

**We are only a phone call away...**